



**High in the saddle**  
People with disabilities find riding therapeutic.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Training for the gold**  
Local member has his sights set on Olympic team.  
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WEDNESDAY, SEPTEMBER 24, 2008

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.ON.CA/SPOKE

4167 PEARSON RD., YR.

## BEAUTIFUL WEATHER ENTICES STUDENTS OUTDOORS



PHOTO BY MARK WERNER

First-year students brought their flag football teams to the field for a game of flag football on Sept. 22.

## Conestoga has Pride

BY JUSTIN REED

Everyone needs a place to go where they feel they belong. Conestoga College is a place where you can find a place to go where you can share your life with others who are like you.

Conestoga Pride is one of the groups run by students on the college. It is a place where you can share your life with others who are like you.

The first event, the group held was called Stories From the Heart and featured students sharing stories in a safe environment.

"I was so happy with the turnout," said Ryan Connell, student life co-ordinator. "There were so many people who came."

A group on Facebook has been opened for those involved to have another place to share information or get friendly advice from others.

Connell who also runs the Beyond campus for the school helps out the current president of the group.

"It's like the second hand man," Connell said. "I do any thing that she needs help with."

The group meets through out the year to watch movies, share stories and just be around friends.

The next event, a pride

movie night will be held at Conestoga's Breakroom and Conference Centre on Oct. 18.

Currently the group is looking to fill new positions. You can contact them at pride@conestoga.on.ca for more information.



PHOTO BY JUSTIN REED

Conestoga College has many clubs for students, including Conestoga Pride, which hosts meetings and events for students who are gay, bisexual, transgender or questioning.

## Rogers donates \$33,000

BY WILLIAM WERNER

Local radio affiliate of Rogers Broadcasters Ltd. offered their financial support to Conestoga College with a \$33,000 donation to the broadcast journalism program. The money will be distributed to students in the form of scholarships, bursaries and award money.

The total donation is made up of 10,000 from Conestoga's radio station 930 News and \$23,000 from 100 News in Toronto.

Mike Collins, general manager and sales manager of the Rogers Broadcasters Radio Group, announced the donation to a group of students and faculty from the School of Media and Design at the college's television studio on Sept. 18.

"It's a great thing that a group of students from the college have been able to help drive our business, which is the city of 570 News," said Collins. "It's really tough to find good, young talent who have the skills that we're looking for, the professional skills that we're looking for and that's certainly earned our help."

Through the money was actually earmarked for the radio broadcast program, it was decided by the CRTC and will be used for the program's curriculum and will have enough money to support

students to be eligible for the funds.

Collins said he hoped the donation might be enough to attract some students to "become more interested in radio broadcasting as opposed to the written word."

Mike Fleming, Conestoga's vice president of student affairs, acknowledged that while a large amount of physical growth is occurring at Conestoga, the college is "not just about bricks and mortar."

"Fundamentally we have to invest in our students," said Fleming. "We have to invest in access to students who have the special challenges of being able to access to the college, but with this gift we invest in students who are of a high academic standard."

While the specific amount for the scholarship for the money was set by the government, many students in the journalism program are excited by the opportunities the donation will create.

"I hope I get it," said Robyn Tinkler, who is a student along with a radio career path at the school.

Tinkler's and fellow are and year broadcast journal student Marissa Johns were at the announcement party the skills they have learned in their program with practice.

"Well, that was just to show that our program is good," said Johns, teaching. "It's a gift to work towards."



PHOTO BY WILLIAM WERNER

Mike Collins, general manager and sales manager of the Rogers Broadcasters Radio Group, announced the donation to a group of students and faculty from the School of Media and Design at the college's television studio on Sept. 18.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could spend the day with any fictional character, who would it be and why?



"Kinky. Why? Because it's Kinky."

**Aaron Morris,**  
second-year  
counselling services student

"Gambit from the original X-men cartoon, because of his Cajun charm."

**Cheryl Price,**  
first-year  
business management



"Gabe from Madden, because he would save things interesting and be a 'trucker' type."

**Daniel Trone,**  
first-year  
software engineering technology



"Captain Jack Sparrow because he's sexy, he's a funny guy. Sometimes you could drink with him and know what he would do next."

**Jon Ingalls,**  
first-year  
mechanical technology



"Winter Chef, so I could have some new stories."

**Boss Burt,**  
first-year  
improving technology



"Jane, from the book on the left. Carter book series, to ask her about her personal experience of being a kidnaper."

**Shane Brown,**  
first-year  
early childhood education



# Counselling Services is here to help you

## by MICHELLE HARRISON

The beginning of a new school year can be extremely stressful to both those students coming back to finish their programs and to those students who are just starting out at Conestoga. Thankfully for those students who are feeling the pressure, there is Counselling Services located in Room 1A100.

Counselling services offers both personal counselling to all full-time Conestoga students.

"When I see personal counselling, anything that is a student is experiencing that as a hardship, an obstacle or that

is preventing them from being a successful student is what we would assist with," said full-time counsellor Lynda Alexander for

Students who are unsure if they need the services offered are encouraged to walk in and chat with counsellor Michelle Harrison to see if Counselling Services is a fit for them.

Students should know that we are here for them and if for any reason they are not doing as well as they think they can do academically they should come and see before it's too late. It's better to be proactive and see. This is what I struggled with in

high school and in college. I address it with my students and

Michelle Bay

Students are generally appreciative of the extra help offered by the school.

"It is nice that the school has something like this for students if they need it," said second-year student Kristina Nelson.

Counselling Services has not full-time counsellors as well as one additional counsellor during the busy fall season. They are available from 8:30 a.m. until 4:30 p.m. For appointments, students can be booked either by walk-in or by calling the office at 519-748-5200, ext. 3380.

## CLIFFY GIVES PSYCHIC A PIECE OF HIS MIND

Psychic Cliff Nelson reports, "I'm on the list to read Cliff's The Psychic's Nature. Approximately 200 students had their readings done on Sept. 17 by Nelson. He will be returning to Conestoga College Nov. 28 to give a workshop called Reconnection: Who are you? For information, contact Tara Heist at Conestoga. Students may want to consider an art or photography class as well."

PHOTO BY CLIFFY NELSON



## COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town, some are living away from home for the first time. What's strange? There's no one to report to about what you are doing and when. Confuse - what's a quarter? There is also no one to say, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The isolation of new freedom and opportunity may be replaced by loneliness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, technicians and other peers. Perhaps you'll get involved in extracurricular activities at the Recreation Centre and clubs and events through the student government. Read Spoke, your school newspaper and visit Student Life to familiarize yourself with happenings on campus.

You can meet with a counsellor in Counselling Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Counselling Services, 1A100



Dana Leman, Audrey Okamoto, Chris Miller and Bob Graham make their feelings known while picketing at a DriveTest centre Sept. 27.

# Licence impasse

## 4,000 per day can't get on roads

By DAVID BART

The five-week strike by Ontario driver education centres is drag on, leaving many young drivers stranded. Talks between the United Studentworkers who represent the nearly 400 instructors across the province and their employer, Service 3605 Inc., have broken off.

"We are currently at an impasse as of 6 p.m. Sunday Sept. 13," said Jim Young, president of USW Local 5511.

DriveTest centres are the only locations in the province that can administer road tests to new drivers, and reserve licences for people 16 or older. The province contracted out driver testing to the private company in 2002 for a 10-year period.

Major unions involved in the

strike include job security, health and safety, supervisor rates and seasonal workload changes.

The road test booking system is completely open.

— Paul Delphick

"We transfer DriveTest centres we need supervisors to assist with road tests," said Paul Delphick, managing director of DriveTest. The union wants supervisors to remain behind a desk and not help with driver education tests.

Driver education last went on strike for eight weeks in 2002, when they were still government employees.

In a Sept. 4 press release, DriveTest estimated that 4,000 people per day have been unable to obtain their licenses due to the strike.

The Ontario government has taken steps to ease the effect of the strike, including extending the expiry date of many licenses. However, young drivers who currently do not have a license are forced to wait until the strike ends.

Both sides do have advice for young drivers waiting to receive their licenses.

"The road test booking system is completely open," said Delphick. "Keeping your name in queue for a test will help."

"Stay cool," Delphick who already have licenses can go to an exam office and get an extension. Drivers who don't have licenses will unfortunately have to wait.

# Speed matching

## highlight of fair

By DAVID BRADON

Walking into the Conestoga Mall Sept. 19th I found myself almost passing where it was. Further down the road, right of people standing from store to store with shopping bags in hand, at first none like being at a television set for a shopping store that instead of marketing clothing they were marketing people with retail sales plus.

The speed matching event was a new feature at this year's Mosaic Festival Volunteer Fair. It consisted of 12 highly motivated and 22 different organizations. Each organization was allowed four minutes to talk to each other, then out of the four was a half-hour long.

"The speed matching event was really successful as we got a really good response from it," said Paula Korte, executive coordinator for the Volunteer Action Centre. "Everyone really enjoyed it and hopefully we will be able to expand on it in our upcoming events."

The annual volunteer fair attracts people of all ages from high school students who need to complete their 40 hours of community service to retirees who just need something to do on their spare time. "We got kids who need to do their volunteer hours for



Photo by David Bradon

A volunteer coordinator helps a student with his volunteer form. The students need 40 hours of service in order to graduate high school.

school, people here to the community who want to get involved and a lot of people who are new to Canada because they find it can be helpful to learn about our culture," said Korte.

The Volunteer Action Centre is celebrating its 20th year of connecting volunteers with organizations in Waterloo Region. They also provide job training and recruitment for their clients.

"The response gets bigger with every event," said Korte. Having the executive director for the centre "We expect to get close to 500 volunteers just from that one event."



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## Bullying must stop

**Abstract**

The news has been full of shootings and kidnappings, and during street fights or at home, last at schools the one place where parents would expect their children to be safe.

The third, 11, 2009, barely three weeks into the school year, the third shooting of the season occurred. A 17 year old male was killed in the area at Thomas L. Kennedy Secondary School, in Mississippi. Shortly thereafter a 17 year-old male was arrested in connection with the incident.

Less than two weeks ago, two teams were picked as a jostling bid at Elmer College's Institute. Thankfully, they are expected to compete, but this isn't always the case.

On Dec. 4, 1998, Marc Legrand entered a university in Montreal and killed 14 women, before taking himself. That day became known as the Montreal Massacre. That was nearly 20 years ago, but the violence contin-

You can read through pages of shootings that have occurred not in the last 20 years.

We cannot be optimistic about it and perhaps it could never happen here. The South is a totally different environment, it is a fact.

Warning: even death can be scary. In particular, a fear of death hampers many people and often contributes to depression. However, it is not a healthy fear.

The Sulliyang takes place in the classroom, in the hall way or in residence. Students are called names, given only assaulted and harassed. Supervisors of each group calls for the action for the supervisor or the hall.

Fortunately, Cambridge has a Record Company that has taken the lead in making all products feel comfortable and well-maintained at the office.

It is our duty to treat each other with respect as there  
 there are people who have suffered

Sincerity of knowledge does everything in its power to ensure that students are safe at all times. But some times only we can see the beginning of something that could end in tragedy. Take the intention and report of research on non-suicidal behavior in severely

Violence is everywhere in the world, its part of us by keeping it out of our schools. Keep the sounds of talking and learning in your class.

And, since it's hard to know where you're going, it's hard to know what to do.

The origin  $O$  represents the position of the newspaper, and  $\vec{OA}$  represents the position

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**James H. Hill**, Princeton, Conn.,  
1970-1986.

## Not worth the risk

Drunk driving is a selfish act

When school starts, the parties begin. Students may be involved in their studies but they're also involved in, well, everything, sometimes by drinking alcoholic beverages with new friends. There's no harm there, unless either the drinker they end up behind the wheel of or the drinker they may think they're fun and capable of driving, but in reality they're no older than the influence of alcohol.

According to Statistics Canada, driving while under the influence of alcohol continues to be a major cause of vehicle crashes, deaths and injuries in Canada.

In my mind drinking and driving is selfish because when impaired drivers get behind the wheel they're not only risking their own life, they're making everyone's else's too. When drivers they could hit a stranger or even someone they know and the outcome could be deadly. Why risk someone's life?

There's also the chance they could seriously injure themselves or others or even damage the vehicle.

According to the Ontario Ministry of Transportation people can lose their income, be fined or even end up in jail.



if converted to compressed driving. As long as they're behind the wheel, a change-out for less strict rules could be no net saving. A new law was passed on May 1, 2006 to help reduce drinking and driving. Any driver with a blood alcohol content rating, from 0.05 to 0.09 will have their license for three to 30 days.

I don't see a difference between a person who has two drinks and then drives compared to a person who has 10 drinks and then drives.

Now, say you're reading the  
magazine. P. 100. *Convergence*.  
There's a picture of a man. He's a

make a person so intoxicated that he is not able to concentrate and make their own library. I don't see a difference between a person who has two drinks and then drives compared to a person who has 20 drinks and then drives. They are both impaired and attempting to make their way. It's unsafe, unnecessary and illegal, and a self-vested, to put. Indeed the subject of a vehicle while intoxicated.

Of course, there's the question of how they'll get home without their wheels. That's easy, plain alcohol. If they go out for drinks with a group of people, the cab fare will be cheap in spite. Or arrange for one person to be the designated driver.

The other episodes are making or having someone else's car starting and driving to come pick them up whenever they're ready to leave home.

I can't imagine leaving integrated and the same should go for other students. Just think before you act.

Is driving while intoxicated really something you want to risk?

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## Don't be afraid of winter



Nicole  
Frank  
OpEds

Summer is officially over but there is still a lot of fun to be had.

Starting a new school year means winter is coming and that can be depressing for a lot of people. When I think about winter, I get a chill down my spine and start to dread the cold dress and snow.

I made a decision this year that I would not let winter get me down. I am going to do things all year round that remind me of summer.

Last weekend, I rented a cottage in Georgian Lake near Muskoka. Even though I had moved on Monday, the lake made the feel like it was still summer. Ted Becker works on the office and as a consultant to the cottage.

"I wish more people knew that they can still cottage anytime," Becker said.

The Georgian Lake cottages are open year long and there is always lots of services to do.

"We have snowshoes, skate machines and heated cottages," Becker said.

It had not to get into a cottage during the winter months to experience all the fun summer activities in the back of your mind.

Another great way to enjoy winter on the back burner is to get involved.

Georgetown College offers many opportunities to relax and work outside volunteer opportunities. Some great places to go weekend include the Weekend Life Centre, Georgetown Students Inn, the Georgetown Centre Society and the Canadian Red Cross.

On Sept. 24, Georgetown hosted a Hot Weekend Fair that had representatives from the school and from the community. If you missed the fair, it won't be late to get involved.

Stacy Myhrle volunteers at the YMCA and she said it keeps her busy.

"Working your time helps you others really makes the days go by faster and you feel good," she said.

Whether you volunteer, take more interest or simply get involved more, it all helps you get through the long winter.

# Facebook can affect friendships



Justin  
Boyd  
OpEds

In a world where times I can get more information than an upcoming event or a special accomplishment of a friend, but more often than not, I can hear daily with updates such as "Kate's date match her hair." "Yes, if we're friends and someone to remind them of the people around why have your mind are with this person's relationship?" Please friends, at least criticism is a little.

Facebook has created a sort of safety net for us online where we can not differently than we would in face-to-face interactions. People become more hypocrites and more vocal on different topics. "A friend of mine was asked to debate a point in class on abortion issues," said Justin. "He had a couple of high school friends. 'She was very quiet and didn't have many points in class, but when she got home said Facebook the debate actually said it became more heated.'"

I myself find that when I am more straightforward and even maybe a little more witty than I would be in person. I don't need to deal with the direct representation of what I am saying online, if the other end goes angry, a single tap off will do.

Facebook's "Notice and Men" have taken the place of many traditional ways of communicating. Instead of sending a text or a phone call from a friend for a celebration about a party coming up this weekend, we had ourselves checking

email, texts, Facebook groups, messages and status on and scrolling through Twitter to see if someone is preparing to go.

"I once wrote all the time," said Michael. "I never knew what's going on because I just can't seem to find where the actual information is."

"I am on level of reading friends' status updates about their birthdays or get friends," she added. "I don't have a birthday, I don't want to read how great everything is with them."

Justin stands on these sites. Friends can text you with any one other's accomplishments, significant others or even text. This can eventually become friends or prolong a bad life by a looking. "It's easier to look up"

said Tyler Wigg, a mathematics student at College Heights in Muskoka. "But, when that person I dislike them all my friends, I have to see every thing they are doing and my friends tend to ignore." Wigg was recently bothered by pictures of his girlfriend's wedding with a new boy the was interested in. "Even though I broke up with her, it made me angry, but I just was not her back."

So think twice before adding that new friend to your Facebook account. Ask yourself whether you want to have everything about their lives, if there are a constant updates or if they are going to cover your self in pictures that to change you have really hard to see. You might just be better off without them.

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Check out [www.schwaben.org](http://www.schwaben.org) for ticket and event details.





# LCR makes college easier

Library has 17 laptops and 16,000 books online for students to use

## BY BRADLEY HORN

It's Monday morning and your paper is due in class on Tuesday, but all the computers in the Library Resource Center are taken. What are you going to do?

Relax, you still have a shot at borrowing a laptop from the LRC.

Students can sign out one of the laptops for a three-hour, in-library session, and it doesn't cost you anything — all you have to do is show your student card.

The LRC has 38 computer workstations, which are currently being used by students borrowing them, more computers are needed. The department has been slowly buying laptops for students to borrow.

This past summer, Computers Graduate Inc. donated four new laptops to the LRC bringing the total to 17.

"This really supplements the computer capabilities that we do have for the students who really want to work in the library instead of down in an open access lab," said Linda Schneider, manager of the Library Resource Center.

Many students do not own a laptop or would rather not carry it around with them.

"The Learning Commons also has 14 laptops available for loan to students," said Schneider.

Another great thing about the LRC is that you can find all of these books in the online catalogue. This makes it much easier for students who may not have time to look for a book in the library.

You can also access 16,000 electronic books from your computer at home. It takes a day or two to get a book.

Subjects include engineering, computing, business, nursing, music and even popular fiction.

To access the electronic books from home all you need to do is go to the LRC and get a user number.

This past summer we added the 16,000 books to our catalogue," said David Green, an information literacy specialist.

"Before students would have to know where to go to find the different collections. Now it's in one place."

Students from the English, Math and other departments can use the online catalogue too.

The LRC is open Monday to Thursday from 1:30 a.m. to 5 p.m., Friday from 7:30 a.m. to 5 p.m., and Saturday and Sunday from noon to 4 p.m.

## THE LINE KEEPS ON GOING, AND GOING



Photo by MOSES KAMUKOCHI

Two weeks into the school year, the library has parking spaces only getting longer and more frustrating for students.

**Student Life**  
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# GLT INVOLVED

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## AN EXCELLENT EVACUATION



Photo by LISA ANDERSON

Dan Willis, director of safety and security services at Cornerstone, was impressed with the results of a fire drill at the Dean College Sept. 26. It took only six minutes to evacuate the main building, which he said was good for a building of this size, and taking this consideration of mobility issues and the increase in the number of students.





# HOROSCOPE

Week of Sept. 22, 2008



**Aries**  
March 21  
April 19

You will stay in some dread matter this week, tell by a very large day. Avoid evening again too soon.



**Libra**  
September 23  
October 23

You will get lost passing from a possible date. Stop some pink wishes.



**Taurus**  
April 20 May 19

You will get a short of reputation in your day this week. Live in a hole of vision.



**Gemini**  
May 21 June 21

You will stop a little to make food from the kitchen. Day a blacker and more soft food.



**Cancer**  
June 22 July 22

Watch out for a police car with purple headlights. It will rain your Thursday.



**Leo**  
July 23 August 22

Imagine you that will violate your privacy. This will put you on from on your relationship.



**Virgo**  
August 23 September 22

A anyway hand will fly out you. This will be the only negative part of your week.



Mark Dutton is a second-year journalism student holding this in the palm of his hand.

# Learn how to Internet date

By Lisa Menden

Pop culture brought us the concept of love stories. From *Mad Max* and *Mad Love* Days, both films about people finding their soulmates over the Internet.

Both films, as thinking, could have actually be just a movie about love.

You may be a pop culture junkie who is also a hopeless romantic, someone uncared by any contemporary means of obtaining your fairy tale ending.

Perhaps you just have some time between commutes or in your otherwise full week and decide that it is just hanging to be filled or maybe you are in a more supported for time and, therefore, value the efficiency of Internet dating.

Oh maybe you sit on the other side of the fence and believe that technological advancements have resulted in the deterioration of the dating process. Why settle for it, we order it more just like we

do a pizza?

Either way, the Internet is a popular way of dating and of some property, can find successful results.

Spencer Crane, 31, a second-year broadcast journalism student, met his girlfriend of two months through the online dating site Plenty of Fish. Crane's advice to potential Internet daters, "There is a lot to be done but just have patience with it. Sometimes it works and sometimes it doesn't."

For those of us who just start dating online, experience, then Logan Daniels, a relationship coach who trained at the Relationship Coaching Institute of California, is offering a three-hour business dating workshop on Oct. 31 through Coughlin College's continuing education.

The workshop costs \$50 and will provide students with the experience and tools needed to make their Internet dating experience a success and never how to write a dynamic personal ad.

Logan Daniels said, "I had an overwhelming request to make a course like this. People wanted tips and strategies to be successful at Internet dating."

Lisa Menden of us, Mike Reynolds, 30, a second-year broadcast journalism student, found love successful at Internet dating. "I am ultimately horrible at filling out the questionnaire. I'm not good at talking about myself. So I guess that is partially my failure."

Logan Daniels shared some of her tips on how to make your Internet dating experience a success.

She said:

1. Be honest about yourself and who you are.
2. Know that not everyone will be truthful or honest back.
3. It's up to you to do as much as possible.
4. Don't take it seriously or personally.
5. If it doesn't happen overnight. You are likely to talk to a lot of people.

## Guelph police offer Internet dating safety tips

The Guelph Police Service has the following safety tips for anyone contemplating Internet dating:

1. Never reveal any personally identifiable information. This information could be used maliciously.

2. Use the communication tools provided by your dating service.

3. Meet after online chat and provide email. Don't provide a home address, at least until you get to know them better.

4. Use an anonymous email account like Hotmail, Yahoo or Gmail when you begin plans to meet a new person.

5. Before meeting someone request a photo. This will give you a good idea of the person's appearance. If you have concerns about why they might send you a photo, maybe it's time to look elsewhere.

6. Talk on the phone. This can tell you what kind of communication skills the other person has. It's not a great idea to put your home phone number. Try a cellphone or consider using Caller ID to protect your privacy.

7. When you are ready to meet someone in person for the first time, DON'T have them stay over at home to work. Arrange to meet them at a busy public place. Carry a mobile phone in case you need trouble.

8. Remember you are in control. No one should ever pressure you into revealing anything about yourself that you want to keep private.

4. Red Flag

When you meet in person, beware of these types of behaviour:

• Displays of anger or intense frustration, or passive aggression (he/she says)

• Attempts to pressure or control you.

• Abusive, demeaning or disrespectful language or behaviour.

5. Physically inappropriate, intimidating or aggressive actions.

• Inappropriate information about their job, interests, appearance, financial status etc.

• Refusal to talk on the phone.

• Refusal to introduce you to friends, family or colleagues.

Dating is never risk-free. Use your common sense to stay safe.

## BIRDS OF A FEATHER



PHOTO BY ALAN LORRAN

Local bird man, Mark Dutton, shown off his pet birds Jordie and King Birdie at Williams City mall on Sept. 12.



## ON-CAMPUS CHIROPRACTOR

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Photo by James O'Brien

After Lee posted himself up during his daily 7 a.m. lift, Lee became the 68-kg junior national weightlifting champion in March.

## Driven to succeed

By JIMMY GORMAN

A junior national weightlifting champion stands alone in the Conestoga College weight room, grunting through his workout. It is early, and the sun has yet to make its impact through the windows looking out over the campus.

"When was this at my territory? It is the first time in here. I own the room. I have everything I need here," says Ryan Lee, a second-year police administration student.

Most students are still asleep by the time Lee is alone, putting his body through the first workout of the day.

■

Ryan was not the number 1 guy in the country when he came, but you know that he soon would be  
— Coach Doug Cox

■

He doesn't do it for extra credit. It doesn't provide him with any money, and he certainly isn't doing his friends and family anything, nor does he have a day to weekend job. It's a pain, but it's his thing he is driven to do more than anything else.

"They say I am crazy. They say I am nuts, but I am not. I am just like everyone else, but my goals are just right. That's I know what I want. Every single day, I am vocal to say everything I want and nothing gets in my way from that," Lee says.

The morning workout is just the beginning of a daily drive that includes another practice in the evening. In between his athletic classes, Lee describes

it as a personal mission to be where he wants to be.

"To be the best in Canada and to be the best in the world, that is what drives me every day when I come to here, just to be the best."

It all started in Grade 9 when Lee's father told him he should try out for the wrestling team. The teen is natural. "So anyone who has been involved in any athletic or fitness talent can only take you so far. What next? In the end, you are the best, you are away from the sport, working while the others rest."

"I want to compete and worked hard and tried to be the best. Finding an extra time after practice and work up early to do more. I wanted to be on top of the podium, so I dedicated every single summer I had to get my better," Lee explains.

Lee's coach Doug Cox from the University of Guelph has seen Lee rise through the ranks.

"Since the day that he showed up here, he has always been prepared to do the best that he can at practice or a tournament. Ryan was not the number 1 guy in the country when he came, but you know that he soon would be," Cox says.

Lee became the fifth junior national champion in March and completed his athletic career at training camps and tournaments in Iran, Dubai, Germany and Turkey. His goal now is to make it to London for the Olympic Games in 2012.

Lee quotes another wrestler to explain how he deals with normal student stress on top of striving to make an Olympic team.

"That you've wanted everything else in life, never stop."



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# Co-ordinating a life of sports

By MICHE MOSE

It requires expert co-ordination and dedication. That is not something she can waste.

Marlene Ford has been in the athletic association at Conestoga College for 15 years and has been the athletic co-ordinator for 11 years. Before that she spent three years at the college as a student, taking two years of co-ordinated leadership and one year of general arts and sciences. While a student at Conestoga she became the sports co-ordinator for the Dean Rydman Associates now known as Conestoga Students Inc.

The leadership program has proven vital to her over the last 15 years because she holds a number of key positions within the school's athletic community and related and personal sports areas as well.

She's a referee coordinator for the Ontario Soccer Association, an Ontario Volleyball Association referee, a student supervisor with the OGA's women's soccer and a soccer supervisor with the OGA's women's soccer. In her position of supervisor and co-ordinator, she looks after schedules, referee assignments, meetings and other tasks. With all that going on, she has no time for anything else.

She's based in Kitchener for 17 years, but no kids and not married. She's still never taken a vacation.

"I'll take a couple days here a couple days there. Usually to get some work done around the house," said Ford.

Ford grew up in Bolton, a small town west of London. She attended West Elgin High School.

I came from a small town where basketball was the thing to do and when I got to high school that kind turned me on high school, I went from there," she said. "I like the sound of sport. It's a stress release. I don't have to worry about what I'm doing at work the next day and the next day. I like to compete."

She grew up in a big family. Ford is the youngest of five brothers and two sisters. Her siblings never caught the sports bug like Ford did.

"When I was five or six, I wanted to play something, and my parents would be so involved. I would go out and throw a tennis ball



Ford is co-ordinator.

Marlene Ford is co-ordinator about this job is sports, tennis, spending great things there all of them.

sports a well and much of," said Ford.

Her parents are quite active in the town where she grew up. Her dad, Albert, did, was "always involved with committees in the town and town council," she said, while her mother "is active in the church and plays a lot of bridge."

She doesn't own any pets because there is too much of her time now. She can be seen playing recreational volleyball three or four times a week, and hockey two or three times a week.

"I like to be active," she said. "I work 12-14 hours a day sometimes with home games for the college team."

Ford has also been an instrumental part of women's soccer since at Conestoga, where she helps raise money for soccer scholarships. The program has been running for 13 years.

Sports have been an important part of Conestoga College since it opened in 1967.

"We were always more for our campus athletes, they had educational side of the college," she said. "When the varsity teams aren't doing so well, it's harder to recruit."

She was also an assistant coach with the women's soccer team, but it quickly became too time consuming.

But when she's off and on from the bottom line in that Marlene Ford just plan loves her sports.

"I really enjoy working with the students. It's nice to run them through the college, or see them in a crowd at a game later on. However, the decision there both teams were on their game and prevented many

# Condors can't fly over the mountain

By MICHE MOSE

In a game dominated by pressing Mountaineers, the Conestoga Condors women's hockey team took some action on the short end of a 3-1 final on Conestoga's home pitch Sept. 18.

Malarek had control early on the Condors struggled to get organized on the offence. The Mountaineers' play was challenged very lightly in the first half and a decisive approach that the Mountaineers was pressing to be too much for the struggling Condors.

There isn't to say that Conestoga didn't have good chances.

In the first half, Conestoga rang one off the post in the rain of the Malarek keeper, but that was the closest chance they had until early in the second half.

Throughout the entire game the Condors had trouble keeping the ball on the ground. This was a crucial time that helped Malarek continually regain control of the ball, and thus the offence was gone.

For the first 30 minutes of play Malarek had the ball in Conestoga's end about 70 per cent of the time, but they also couldn't muster a strong shot past the Conestoga defence. The closest Malarek came to getting a goal was with two minutes left in the first half when the ball was stopped about four feet from the goal line.

Before the second half, head coach Aldo Kravitz gave his team a pep talk about keeping the ball on the ground and controlling the game. The talk seemed to work as the Condors came out flying in the second half with Malarek Kravitz's strategy.



Ford is co-ordinator.

The Conestoga women's soccer team had a close match in the Mountaineers 2-1, on Sept. 18 at Conestoga College.

team's first goal of the game just over five minutes in Malarek still gained control soon after that and pressed hard. The Mountaineers' offence had the Condors back on their heels for the remainder of the game despite the playbacks during the Conestoga team on. They were missed about 15 minutes into the second half however, when Malarek scored their first goal of the game, and scored a second goal a mere three minutes later.

Malarek continued pressing until Conestoga stopped one and late. They dominated the last five minutes and came close to tying the game. The Condors pressed in up into the Mountaineers' end setting up a chance close to the net but the kick from the Conestoga player was knocked past a foul while of the goal. Conestoga players scrambled on the field, watching the effort go up in flames.

The loss was the game first of the season. There was the first game against the St. Clair Hawks, 4-1 here at Conestoga. The play play the next game on the road Oct. 3 and will be Sherbrooke.

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## Men's team plays to a tie

By MICHE MOSE

The men's soccer team took fourth on a weekend about Sept. 18 against the Mountaineers.

The Condors took control early in the game and pressed into the Mountaineers' half. However, the decision there both teams were on their game and prevented many

scoring opportunities. The game ended in a tie, with both sides playing well. If this continues, both will make the playoffs.

The teams took half-time breaks but came as close as the Mountaineers' attempt which resulted in the Conestoga goalkeeper tapping the ball just over the cross bar. A final eight of relief could

be based on the Condors' defence.

One player was sent home out to the Conestoga side, and the referee issued a warning to the Mountaineers' goalkeeper to keep him on his feet.

The Condors have now won one, lost one and tied two. Their next game will be on the road against Sherbrooke Oct. 3.

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